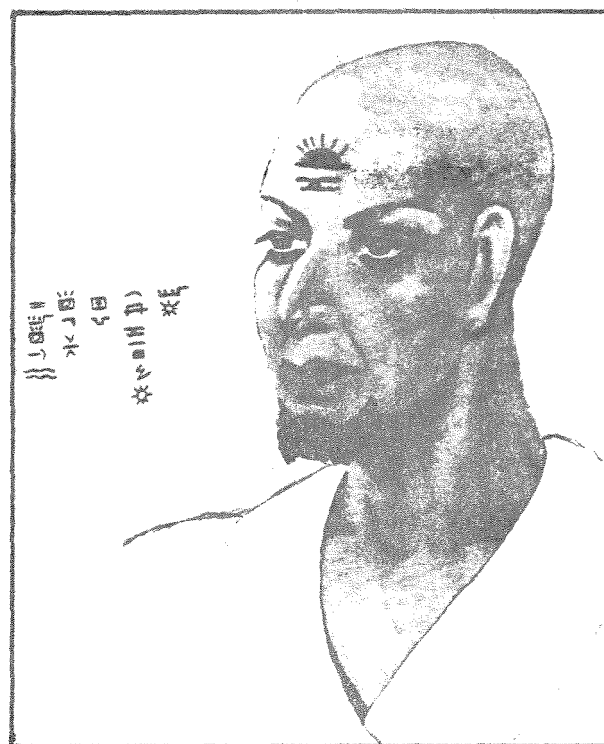


INNER CIRCLE STUDY GROUP

**CLOSED
CLASS**
with
The
YADA



The Yada di Shi'ite

Class 14

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INNER CIRCLE STUDY GROUP -- Closed Class No. 14

SUBJECTS DISCUSSED WITH THE YADA

- Page:
1. Mark describes his early work as a medium
 2. His First "Talking in Tongues"
 3. "You're A Trance Medium and Dont Know It"
 4. Going-Into-Trance Symptoms
 5. He Was Writing a Book
 6. The Yada Takes Over
 7. You've Got Skin
 8. Be Aware Of Your Perfection!
 9. Stop Struggling With the External World
 10. How Effective Is Christianity?
 11. The Light of Understanding
 12. Examining Your Handiwork
 13. All Knowledge Is In Your "Computer"
 14. Dragging the Chains of Anxiety
 15. Earth-Bound Idiot? Or Spiritually Free?
 16. Your Christian God Is a Myth
 17. The Animal Is Still In Us
 18. No Cure For Homosexuality
 19. Whatever Your Nature, Live With It
 20. What Is Your Are-Ness?
 21. "Multi-Level Awareness" by Wm. Swygard
 22. Blow Up Like A Balloon
 23. The Master Of All He Surveys
 24. After Death What?
 25. The Breathing Which Brings Peace Of Mind
 26. Protect Yourself Against Incipient Vampirism
 27. Dont Walk Into A Dashing-Around Chriot
 28. The Innocent Baby Is Not Pure!
 29. Recommended For The Beginner
 30. The Five Rites of Rejuvenation

INNER CIRCLE STUDY GROUP -- Open Class No. 14

Home of a close follower of the Inner Circle teachings through Mark Probert in San Jose, California around Oct. 13, 1967. We believe Mark and Annie were on the road, having meetings in the homes of friends of the Inner Circle at what would have been the time of the regular Closed Class No. 14.

As Mark takes time to describe his work as the medium or Telegnostic, this should be of interest to those who are following this class work.

"Do most of you know what's going to happen?" asks Mark of the assembled group. His secretary, Annie Bankerd, makes an aside which brings a roar of laughter from the group. "I dont know who knows a man best, his wife or his secretary.

"I'm going to go into a trance in a few minutes. When I start going in to it my face goes through a little change. My respiration changes, and I hope my face will be not too frightening. This trance condition comes on -- I do not have to concentrate to bring it on -- I've been doing it so many years it's rather automatic with me.

"It's the Beings who communicate through me; they're the ones who put me into a hypnotic state, if you'd like to call it that; so I cant do anything about calling them. I think one time they must have said to me, 'Dont call us, we'll call you.' More laughter.

"But this work started out some twenty -- twenty-five years ago, and it started out by my talking in foreign tongues in my sleep. The first time someone told me that I was talking in foreign tongues in my sleep, it was a doctor, a doctor named Henry Hand. He was a physician and surgeon who had spent about fifteen years in India and he had written a number of books on Hindu lore. The last one he was in the act of writing -- and he had almost completed -- was in manuscript form. It was called 'Rhythmic Breathing', and he asked me if I would do the typing on it. I agreed to do that because he agreed to take care of me medically. He didn't know he was getting the bad end of the stick.

"Anyway, he invited me to his Whispering Pines home. He had a cabin there. (Pause while a clock chimes) I'll always remember that."

"It does that at every meeting!" responds a male voice. More laughter.

"So I went there," continues Mark. "It was February and very cold. We built a fire in the fireplace and he went and layed down on a couch -- I guess he was about seventy-six. I started typing. After I had been typing about two hours, he

said to me, 'Better quit it, you are tiring your eyes. You can take it up some time later.'

THE FIRST "TALKING IN TONGUES"

"So I went and sat in a big, fan-backed wicker chair by the fireplace, and I fell asleep, I guess. The next thing I knew Dr. Hand was shaking me, and when I woke up he was talking to me in a strange tongue. I thought he had slipped his rocker.

"So I asked him. 'What are you talking to me like that for?'"

"'You were talking to me very fluently and you were criticizing this manuscript,' he replied.

"'What? What was I talking?' I said.

"'You were talking in a Hindustani dialect,' he said. 'You know, it didn't sound like your voice.' He was walking up and down. I can still see him, stroking his beard, very serious.

"'If I die before you,' he said to me, 'Don't try to get me in a seance room. All those beings that come into a seance room are liars. They're evil spirits. This is what the Hindus teach.'

"'I had no idea of trying to get you in a seance room,' I said to him, 'because I don't go there myself, even if I am an evil spirit!' (laughter from the group)

"'If you do want to get in touch with me after I go,' he said, 'before you go to sleep at night, concentrate on me and I will come to you in a dream. That's the best way to do it.'

"'Okay,' I said. 'I'll try that. I'll try anything.'

"About six months after he passed on I did try. In fact I tried a lot earlier than that, to make contact with him in a dream. Finally I made it. You know, in that dream I remembered everything he told me, and I reminded him, 'Remember you told me to contact you like this?' It was just as real as could be.'

"'Well,' he said, 'I'm fine. You see that I'm fine. You don't have anything to worry about me any more. You don't have to contact me any more. I'm on my own way now.'

"'All right,' I said, and woke out of the dream. I didn't get back to sleep that night because the whole thing was so real it kept me in a state of tension. I never did have any further contact with him.

"But it's a strange thing -- many people -- like for instance the man who became my mentor in this work -- and who was engaged with me in experimental work for -- oh, I would say about four or five years -- I've never had a contact with him since he passed away; and the guy was just like a real father to me, a wonderful man. (Sounds like the founder of BSRF, Meade Layne, died in 1961)

"I had a buddy; we used to run around together; then there was another fellow -- three of us -- we used to run around together. One of the boys was 24. The other fellow was 30. The 24-year old boy got killed in a plane crash. I had immediate contact with him. He told me where some of his things were, things that he had hocked, in a hock shop on Hollywood Boulevard. You know Hollywood Boulevard is loaded with hock shops. He came and talked to his mother through me many times. But, the other boy, no contact with him whatsoever. Never came. At least I never felt he was around."

"He wasn't aware though, was he?" observed a listener.

"I think possibly he fell asleep," replied Mark, "and stayed asleep for a long time, and when he woke up he had no memory of having lived on earth. That happens."

"You remember, Mark, he came through in Oakland, the second day after his death?" said another listener.

"Yeah, that's Skippy. Skip Jones, and you know, when he was leaving a plane flew overhead and you could hear it going off in the distance. I heard it on the tape and it gave me the creeps. (We have a copy of the tape in the BSRF tape library. Skippy was crying when he came through Mark in Oakland. Mrs. Probert had to warn him not to damage or depress Mark's system with too much grief -- that Mark's borrowed body should be treated with great care and respect.)

"YOU'RE A TRANCE MEDIUM -- AND DONT KNOW IT!"

"In order to find out what was taking place in my sleep, my sleep talking, I married. A month after I married, my wife told me I was talking in foreign tongues in my sleep. (Later, the Yada told listeners that this was practice in learning to control Mark's vocal organs and body. The Inner Circle wasn't concerned with getting intelligible messages through at that time.)

"Anyway, we finally got in contact with the man, Dr. Meade Layne, and I had some talk with him. He had had some 40 years as a student of metaphysics and occult things. He said, 'You may be a trance medium and not know it.' That didn't please me too much because I never had liked the word, medium; so incidentally in recent months I've changed my title to Telegnostic. I think that sounds better. Maybe it's like hamburger and ground-round, the same thing. (Laughter)

"The first session I had with Meade Layne was in a totally dark room. He expected that if there were beings who wanted to communicate through me that they would produce some physical phenomena, too; so that's why the dark room; but the first person to speak through me was an American; and he said, 'Hereafter, we do not want you to sit in the dark.' I was grateful for that because I'm scared of the dark. He said to Dr. Layne, 'There are 15 other

beings who have formed a band around this man -- meaning me."

"'Who are they?' asked Meade.

"'I will let them come through,' said this man, 'and tell you who they are. Let them introduce themselves.'

"So they did that over a period of about two weeks.

GOING-INTO-TRANCE SYMPTOMS

"Now, the first time I went into trance, I didn't know anything about going into trance, because all the work had been going on in my sleep. It was not all sleep, I suppose. So I just sat there, wondering what was going to happen.

"The first sensation I got was one of tremendous dizziness. I have never had a dizzy spell like that before or since. I felt like I was just going to collapse on the floor. But that passed, the dizziness passed in a very short time. The next sensation I got was as though I was having a tremendous series of chills -- which were not cold chills. It's like trying to think of cold steam. Cold chills? No, just a wonderful feeling of elation.

"If you've ever heard real beautiful music, if you get a big thrill out of it, if it really meant anything to you, if it really reached you -- . Anyway, I passed out in a few minutes; and when I came out of it they said I had been under trance conditions for 45 minutes; and this American being had come through and talked. From then on we were holding one meeting a week, one experimental meeting a week so these other beings could come through and talk, identify themselves, or something.

"Some time later they said they were going to dictate a book to somebody on the earth plane, and Layne said, 'Cant you dictate it to Mark?' and they said, 'We haven't made up our mind about that yet.' As time went on they decided on me and they dictated to me. It sounds just like someone talking. It's not a head sound. It's not a head voice but an actual voice which sounds like it's out here. If I put my fingers against my ear I couldn't hear it.

"One time I was doing that when Luntz was talking to me. He's a Britisher and he got kind of upset and he said, 'Stop that!' (laughter) After that I didn't bother stopping my ears. The name of the book they put through me is called 'The Magic Bag'. Magic bag, meaning your consciousness. You have an unconscious self and a conscious self which means you can work from either side of the bag, the conscious self out here and the unconscious self on other levels of awareness.

"Since I've been in this work I have everything to be grateful for, to these beings, whatever they are. I've simply taken them for granted, whoever they say they are. It's no use investigating them to find if they are giving a true identity or not because it doesn't matter. They talk only on educational things. They dont tell you about your grandmother. They dont bring grand-

mother aboard. They dont bring grandfather aboard, sister Kate. Now my own mother came through me twice over the years I've been in this. My father has come through twice. He had his full time. (Much laughter from the group.)

"It has taught me one thing, as far as I am concerned; I am certain the human survives the death of the physical body. What somebody else thinks about it is their own affair. We all have to live with our own beliefs anyway.

HE WAS WRITING A BOOK

"I have had so many psychic experiences, so-called. It just means mental experiences. I think you all have that. I am now in the process of writing a book about psychism, called 'Medium Rare', in which I try to explain some of the phenomena as best I can from my own experiences and feelings toward it. I cannot prove to somebody else that they live after death, after their physical body dies. I can only prove it to myself, and I think that will be true about you. You can only prove it to yourself.

"All through the great number of years that spiritualism has been in vogue, they've never been able to prove identity because each person's proof is different. What will be proof to you will not be proof to someone else; and so you find yourself wasting your time, if you're a sensitive, trying to prove identity. You'll have nothing else to do but prove, prove, prove!

"I remember one time I was on station WOR in New York City (Long John's all-night radio Talk Show) and the man there, John Nebel, said to my teacher, Alfred Luntz, who was a former clergyman for the High Episcopal church -- he said, 'If you can lift this paper cup by supernormal means -- ' I dont think he knew what he was talking about but that's what he said ' -- uh, then I will tell the audience over 28 states. Just think what that will do for you.'

"'That wont do a damn thing for me,' replied Prof. Luntz. 'If I lift that paper cup by supernormal means I'll never have any other thing to do but lift paper cups.'

"And you can see that. So, my teachers do not resort to physical phenomena because they say it's a blind alley. It gains us nothing.

"I went to a -- we were coming along a road, driving down here somewhere -- I dont know exactly, and on the road we saw a huge sign saying Psychic Readings; so we bit on it. Of course it was \$5.00. It was worth it."

(Garbled aside from Annie Bankard, mixed in with chiming of clock, caused burst of laughter from group.)

"I just told him to say boo! Unfortunately, this woman was no good at all. She couldn't tell me a single thing. One of

the things she said, 'Oh, you're going to be very successful in real estate.' (Burst of laughter from group) Then she said, 'You know what I'm talking about?' I said, 'No,' and she replied, 'You'll find out.'

"She went around and around with all this rubbish, and then she told me, as a small token of appreciation, that I was going to live to be 91 years old. I thought to myself, 'Big deal! 91 years old. Who wants to live that long!' Who wants to be 91 and be a nuisance to everybody else?

"But what someone else does is their business. I didn't say anything to upset her. I bought what I wanted, curious to find out what she would do. It was worth the \$5 to find out that she couldn't do anything."

Pause and heavy breathing on tape, indicating that the Yada had finally decided the time was appropriate to take control of Mark's vocal cords and body.

Yada: "Ne sa, et sinaha, dina Yada di Shi'ite."

They: "Good evening, Yada."

Yada: "A noche, ee tee karee, ee tah, ee kay ohn-na, oo su tay ee Yada, ee casia, ee gracia."

She: "Nice to have you here again, Yada."

Yada: "Ee gracia, ay tay kwa, Ennglace, hah? Honored to be in your home again."

They: "Thank you."

Yada: "It has been a bit of time, yes?"

She: "Several years now."

Yada: "That only little bit. Hah hah. Is nice here. Is wonderful meeting here. What you would call Be Deutschen Feuhrer. Very nice. Your work is progressing, yes?"

They: "Yes. We're still at it."

Yada: "Persistence often brings success where nothing else does. Keep poking. Something's going to give. (Laughter) Darree, how you?"

He: "Fine, Yada."

Yada: "Eleanor, both of you looking very well."

She: "Thank you."

Yada: "My honorable friends, I have just learned that most of you sitting here have never talked to a ghost before. Hah hah. Yes? Hah hah, well you are not talking to one now either. I am like you. I am a consciousness, not a spook, not a ghost, not a wraith, not an astral shell. That last prompts me to say something but I will not right now -- but a consciousness just like you.

YOU'VE GOT SKIN

"The only difference between you and me is you've got your skin on. Hah hah. Some time, in some future, you will be skinned, too; and you will feel much better, when you leave that skin in the physical world, much better. You will not have a nervous system to suffer pain with.

"You will be only a step away from here, and that's all it is, one little step. The body that you will take with you, while it is a replica of your physical structure, it does not have the ability to hurt; but -- you liking that word? It covers much ground -- but, pain is not really a product of the nervous system. The nervous system simply reflects pain. It reflects pain from mental attitudes to what is happening to you.

"But I want truth that I say to be clear to you so we will not get ourselves in a state of confusion. I want also, to avoid that confusion, you to talk with me, please, huh?

"Nobody knows everything. Isn't that nice? It makes us need one another, bring a little more understanding from each mind. Wonderful, that's why there are so many of us so we can learn from each mind. I once lived in your physical world. According to measured time, 500,000 years ago in the Himalaya mountains in a civilization called Yuga. Yuga is meaning vast body in my language.

"I was in a city called Kaoti. Kaoti means city of temples. There were 23 temples in my city alone. Man, away back then, was temple mad; and as today, he builds more beautiful temples than the temple-builders build homes. Do you see the insanity in that? That's only a small portion of man's insanity. Man is not an evil being. He is an insane being. And you can understand that when you realize mind coming into matter, mating with matter, loses its awareness of its Edenic state -- which is one of great peace, great joy. He loses awareness of that the moment he touches matter. He gets lost in it -- hypnotically lost in it -- through the nervous system, forgets where he came from, forgets his origins and gets lost in all this.

(He pounds on something metallic.) This is your reality. It is sensory. It has no other reality to it, sensory. Thereby he suffers. That is man's sin -- which is not a sin but simply a state of blindness -- blinded by matter -- blinded by the illusion of a condition called matter. The human consciousness which in the

highest state of awareness -- you refer to it as God. But it is not a god. It is a state of awareness that can only be thought of as the Edenic state or the state of perfection.

BE AWARE OF YOUR PERFECTION!

"But man fell out of perfection because of matter. He's still in perfection but he does not know it! You can take somebody here in this room. You can hypnotize them and change their whole belief about their surroundings, and cause them all kinds of suffering; and they will not know where their suffering is coming from.

"So you can understand now how man is locked in matter. So, if man is locked in matter what is his work? His work is to find his way back home. His work is to return to the spirit, return to the great consciousness, the Cosmic Awareness state. That is his reality. This is but a dream, a hypnotic dream.

"When I lived in Kaoti I was a priest. In my language, Ka-ta. Kata means god-man. But at that time we had no awareness of any word called 'god'. We were sun worshippers. But we did not worship the sun as a god, not in the earliest state of our civilization. It was only after the fall of our civilization that we used the sun as a god to bow down to in great fear. And it has been so with the fall of every civilization. Man loses his knowledge, his technical knowledge, his philosophical understanding. Everything goes when a civilization goes. Man falls into fear. He creates gods and devils from that point.

"We are divine beings -- but not in the sense, the word divine, as it is understood by your Christian teachings. You are truly lost gods, and I say that most sincerely to you.

"I speak to you peoples much in the years that I have been using this man's body to communicate with you on earth. I have a message to bring. (The clock chimes.) Is very pretty."

He: "Thank you. Do you recognize it?"

Yada: "Oh, yes! Oh, yes! When a voice sweeter than yours speaks, it is good to keep quiet. Hah hah. I have many messages to bring, but I can only bring to those who can comprehend my words, the meaning back of my words. The same with you in your attempts to communicate with one another. You only have words to use, or the written words; and as you are conditioned -- here we come again to conditioning -- as you are conditioned to comprehend these words, the meaning back of them, the feelings back of them, you understand one another. When you do not, you do not understand one another; and this causes trouble. This causes all manner of struggling with one another.

"Out of words alone, the misunderstanding of words, we make enemies. We create fear in one another, and thereby making enemies. When

When an individual understands himself he understands everyone else, and always. He knows what the world is about and what man is about; and in that instant that he has that kind of awareness, he is at peace.

STOP STRUGGLING WITH THE EXTERNAL WORLD

"He struggles no more with the external world because he has stopped struggling with the internal world. We cannot begin to stop fighting out here until come inside and put our consciousness within and examine ourselves -- take what you call inventory, on ourselves.

"But what I think about your attitude toward your fellow man -- "

She: "That's part of it."

Yada: "You said it. The atomic bomb, when you use it to destroy your fellow man, it is not giving off heat, radiation, force and all that sort of thing. It is giving off hate, madness, envy, fear. That's what these cowards are that kill. It is similar to what I have said about tobacco, the use of tobacco, the use of alcohol -- these things to excite. What are you smoking? Are you smoking tobacco and drinking alcohol? No. You are smoking frustrations, anxiety. You are drinking fear, guilt feelings and all that sort of thing. That's what alcohol is.

"Today you have a great concern about some of your young peoples that are using drugs. Some of these are called hippies, hah hah! Hippies. It means ones who know, but by their actions they show they do not know. It shows they are in a greater state of confusion than the people who produce these hippies. And why? Am I talking against these young people? No, because it is the young that make the future of your world; so their condition is an extremely grave one about which you adults should be gravely concerned, and do something active to help them, not just criticize them. Criticism has never brought things back into balance."

He: "What are we to do?"

Yada: "Do any of you sitting here have children who are of this hippy group?"

She: "I have one."

Yada: "What makes him that way do you think?"

She: (Reply too low on tape)

Yada: "Of course! No understanding from parents! I have talked to many parents about their children who are of this generation you call hippies. Some of them are greatly aware that they are at fault but the majority of them deny this. 'The children just became that way. They were rebellious!' You know, my friends,

what is love? Love is understanding. How many people in your world have understanding, either for themselves or for others? And because of this lack of understanding there are peoples killing themselves, committing suicide, becoming alcoholics, becoming drug takers, becoming criminals.

HOW EFFECTIVE IS CHRISTIANITY?

"Have your Christian teachings done anything worthwhile to prevent this? Or have they gone on teaching about the god of love, the god of vengeance, the god of hate? A god of damnation upon man? And you know who this god is, it's the god of the Hebrews. It is the god of Moses.

"Moses was a great teacher. Moses was an Egyptian, and he was told to bring to the peoples of that time that kind of a god. It was the only way to bring them back from total destruction.

"That god does not live today. You've heard that. 'God is dead.' That god is dead, and the young people know it! So they do not want to hear about it. It is an insane god. This is a god of man, created by man."

She: "But they say that God is love."

Yada: "Hah, hah. Have you read the rest of the Bible? And can you still say that? It is said that God said to Moses, 'Go and destroy. Go and kill. Destroy a town, men, women and children. (Exodus) Leave no stone rising or upright.' Is that love? Is that understanding? (Pause, but no response from the group)

"It still makes no difference. It still is a concoction -- that god is a concoction of man, and no such god exists and never did. Now, a moment, I have no wish to turn you away from that which you believe. But I do want to know how is it that you believe in it? How did you arrive at that belief? How could you accept that? Not in criticism do I say this; I only want to know how? What makes you think that such a god exists?

"The eternal light within is sometimes referred to as the Christ Light. Not the Jesus light. The Jesus light is the body self, is the ignorant body self. It is the tomb, the dark tomb which the Christ rose out of, rolling away the stone of ignorance, letting in the Light of intelligence and understanding, which is love."

"But your Christian god is not Christian at all. Is man made, and just like man, is full of jealousy, full of hate. You do not know when you are offending him. You dare not move because you will be offending him, so that the word 'live' becomes the word 'evil'. Evil. Turn it around and you'll see that."

"I say to you man is an immortal being, a god in the making, a god in the becoming to his god-hood. Returning to the Light, and he cannot make any move that is not directed in that way, no matter how you, with physical eyes, see it. His deeds may appear to

you to be evil, some of them beyond words; so that you think of him as not a human at all but some kind of an animal, a beast, an impossible creature with no soul; but he has a soul, the same soul that you have; but it is shrouded in the darkness of ignorance -- of his not knowing.

THE LIGHT OF UNDERSTANDING

"She kay no aura ah ee, ee say tu kwa, ee kay tu ee tah, oo nah! Nah! See ee dah. Man walks in ignorance and never sees the Light."

She: "Well, what is the Light?"

Yada: "The Light is called understanding, understanding yourself. Only then can you see the Light."

She: "In other words that's God within."

Yada: "That is right. That is right. That is the Christ-light locked in the tomb of ignorance. Dispel that ignorance by education. Not book education, not academic, but teaching of the Spirit, of the soul. (The clock chimes again.)

"I talk a little bit about what is called incarnation. Are you interested?"

They: "Yes."

Yada: "Many peoples frown on me, hah hah, when I say to them I have had only one physical life. 'Yada, how can you do that? You should have reincarnated many times in 500,000 years.' What we should do and what we do do is two different things, yes huh? Of course.

"Reincarnation, rebirth, returning and returning from whence we didn't go. Just think of those words. Then I will drawing you a picture which should make this very plain to you; for rebirth, reincarnation is illusionary; but -- here we go with the but again -- but wherever man in his living makes a law he has to follow it.

"There is a story about what you call astrology. So long as you know not Truth, you have to live by the laws of the starry realms. They guide your destiny, and believe me they do! So long as you know not truth regarding your nature you will follow the pattern called reincarnation, rebirth, going and coming, coming and going, getting little dizzy from that.

"Look please, I draw for you a square which is forty by forty, fifty by fifty, a hundred, a thousand, whatever you want. Suddenly I find myself projected into that dimension; and as I become aware of it I lose awareness of how I got there; so I am in all this state and I do not know what to do with it. I am lost in it. I do not like that; and because I am of a creative mind, I, man, I start dividing that square into what I call rooms.

putting up partitions all over the place. Am I satisfied with putting up partitions? I have to continue with this illusionary space. I have to add to it to make it more real; so I begin calling these rooms by different names; and I put things in those rooms that belong only in my mind, in those rooms, as I feel.

EXAMINING YOUR HANDIWORK

"After I get all this completed I sit down and examine my handiwork -- and I almost lost my head. (Laughter) You know, when watching your hands you can't watch your head! I am now somewhat happier than I was before, but not completely. I am not happy with just room, with all those other rooms around me, so I start moving from room to room. Pretty soon I am back in the room that I originally was in.

"Now, I getting to think something. As I take more inventory on the nature of life -- and the nature of my position in life -- I have a feeling that I am not satisfied with my thought; so I begin to knock down all the partitions that were there that I put up; and I discovered that I was back in the one room. I hadn't gone anywhere.

"I spent years going from room to room believing I was going to and coming from somewhere, because the illusion of partitions dividing that room led me to that thought. Now I know better. I have gone nowhere. I live only in the Light, only in Creation, and in the Creator's mind. That's the only room there is. All else is creation of the Lower Self that lives in ignorance, that knows not truth.

"But so long as I set up the condition, I made the law I was going and coming from someplace, I had to follow that law. Is it not so? How else can it be? Yes, reincarnation, rebirth is true so long as we are caught in the dream and know not that we are the dreamer, not the dream.

"Think of how wonderful that is, to suddenly realize that you are the puppeteer and not the puppet. You are pulling the strings on your doll. You are making it dance -- to your own tune, to your own belief, to your own state of not knowing. When I realize I am the puppeteer immediately I drop the dolls. I become one with myself. I become unto the Light; for I see Truth, the trick of it. You want to debate that with me?"

He: "I'd like to ask a question about that."

Yada: "Yes, please."

He: "How have you come to be aware of this, the fact of this analogy, if that is what it is. (unclear on tape) That means that you haven't built these walls."

Yada: "Hm, hm. I did one time and I didn't need to go through

the -- hm hm -- the sleight-of-hand game with myself anymore. Be first class, if you will excuse me for saying this. I ask this because it may appear to you that I am trying to make myself appear a superior being to you -- which I am not, not in any way at all. You know all that I know but you may not be aware of it, and that is all. But you do know it. It is there!

ALL KNOWLEDGE IS IN YOUR "COMPUTER"

"It is there in this thing -- and I like the word that I will call it now because it is so suitable to your times. Right here, the computer. (chuckles from the group) Never has anything been erased, once fed into that Great Mind, into the tremendous -- how you call it -- Univac? That nice, humh? I remember.

"I think, Larry, you know something about that word." (Larry La-Barr, engineer for Hewlett-Packard, computer builders)

He: "Yes."

Yada: "Yes. But you see, my friends, before I came into the physical world at all, I was an aware being. I was self-aware. But I knew that in some time I was going to have to learn by experience, what is called 'the dream world', the world of matter; so that I could come again and enlighten, perhaps, some humans on earth; so as to free them from that lost state of -- that is produced by anxiety, guilt, fear of all kinds. For only when we become free of these things do we acquire the most important first step to returning to our Godhood.

"It is called peace of mind. Not happiness. Happiness belongs to the physical world. Happiness depends on having something, and you know what a will-o-the-wisp that is, humh? Because the moment you have that which you wish for it is not long before it becomes dull to you. You want something else! So you never find happiness. It is a will-o-the-wisp. It doesn't exist. It is part of the hallucination that we put ourselves through.

"But peace of mind, that is what man must strive for. Then he stands detached from the dream. He knows what it is and he does not play with it. He has come out of the storm. He sits detached and watches it; as he knows it is a great show, an immense, slight-of-hand show.

"He knows that in due course it will all pass. It will all fade, like the snow in the sunshine. He knows.

DONT RETREAT TO A RETREAT

"One who has been caught in the storm and begins to come out of it, he does not run to a mountaintop to hide. He does not make a holy man out of himself. He continues with whatever he is doing, wherever he is. He stays with his fellow man to show that this is what we humans need, peace of mind, striving no more

for the Green God! For manna!

DRAGGING THE CHAIN OF ANXIETY

"He knows that whatever physical substance he needs will come to him. He does not have to fight for it, wear himself out doing things just to get a little of the Green God's attention. That struggle is the cause for ulcers, for heart attacks, for kidney trouble, for all kinds of diseases of the body and all kinds of diseases of the nervous system. (The clock chimes again and there is a long pause on the tape.)

". . . do what you are doing. You have to drag the chains of anxiety, anxiety regarding your families, regarding your child. What's going to happen to them in a world like it is today.

"But do you think, my friends, that the world has not always been this way?"

She: "Has it always been?"

Yada: "Always this way -- except for the times that man was not on earth. Hah hah hah. (Laughter from the group) The world itself has its own beauty. But before man took it over it was not a fitting place to live in. It was a jungle for ignorant animals who had only two drives in their existence, food and sex. But you know, there seems to be not too much more today, hah hah.

"While we make humor, that which we are discussing is our, human beings' life; and it is very serious! I love to laugh. I am a laugher, hah hah. But I am also greatly concerned for my fellow man.

"For everyone that gets lost in the dream, a part of me is lost. For everyone that comes more into the Light, my Light is added, becomes brighter. You see we are one another's concern. We should be. We are one another's keeper, as your Christian Bible puts it; but unfortunately, in our efforts to become one another's keeper, we often become one another's jailer. Here's where we get caught in the trap again, the trap of sorrow, of pain; for we tend to obsess one another when we try to live for another.

"Help, but do not push.

"Help me along the path. Permit me to walk a few steps with you, but do not push. When we do not know truth that is what we do, we push. There is more obsession going on between peoples on the earth than between the earth and the spirit planes. Obsession by domination. We try to control one another, bend them to what we want them to do. We destroy another by this.

"Why do we do that? Because we are frightened! Life frightens us, and death for most is the most dreadful spectre. It hangs back of our heads until we meet him face to face, and we are appalled by it, most of us. We do not want to go. We do not want to

leave the sun and the beauty of the sky, and the landscape around us. We are most familiar with this. No heaven, no offer of heaven, or heaven's beauties can entice us out of that fear; and most religions teach us we have hell, more hell awaiting us after we die! What do you think we are in now? What's this? After?

EARTHBOUND IDIOT? OR SPIRITUALLY FREE?

"Oh ho, no. But, in a way yes. Because we take only what we learn. We take from the mind for we take the mind. We take the spirit with us, and we make our world as we have been conditioned here to understand it.

"This often causes us to haunt this dream called matter. And as Haunts we are frowned upon. Oh you evil spirit! You earthbound idiot! Hah hah. Earthbound? Where else can man be bound until he knows truth?"

She: "Are you saying there is no evil spirit?"

Yada: "That's right."

She: "There is no evil."

Yada: "There is no evil spirit. Why? Because, what that spirit is doing may be evil to you, but to him it is good. He's enjoying it. What you do to him (laughter from the group) Aoo kee. Hah hah. What you do to him may be evil to him, and you are enjoying it.

"Wherein is evil? Let us observe the activities of what is called Nature -- but which is the inner consciousness of man, the Creative Self. This destroys masses, millions of peoples in one sweep, in storms, in quakes. My civilization was destroyed by a series of violent quakings, and ice raining out of the blackness around. The sun had gone out from the sky. The winds were most appalling. That was enough to make those who survived it to create devils, the devils of darkness, the devils of hell, hell fire that rained from the skys, even as great blocks of ice tumbled from the sky, even as the earth shook so violently you could not stand on your feet! Swallowing vast amounts of plant life, animal life and human life.

"God, in His mercy? Mercy me! (Laughter) Hah hah.

"What do we mean when we speak of the mercifulness of God? Because you pray, what is it you pray, and the prayer is answered? The prayer 'please save my child. Do not let him die. He is innocent. Do not my beloved child, my child of my flesh, do not let him die'. But the child is there before you weeping in agony. 'God, where are you? Where your mercy? My child, oh my child, do not let him die.' But he dies, perhaps after hours and hours, days and days of agony.

"Say tay kwa nah. Ee see tee kay tay yah tah. Kah mah nah ah, ee dah, ee dah!

YOUR CHRISTIAN GOD IS A MYTH

"Your Christian God is a myth, a terrible myth."

She: "What are you supposed to do with the child? Or were you supposed to ask for help? You didn't want to lose him? Or let him go into the Light?"

Yada: "You know that. To ask the Eternal Light for help. To release the child from its suffering. Either through passing or what you call death, or through some kind of cure -- what you call healing. In the hand lies the power to heal. Your hands, especially the hands of a mother upon her child. She has all the power needed to heal that child; for the child feels that from her, that power of love that drives right through her body, that carries all the healing properties you can ever imagine. No holy man could carry that power to heal.

"But unless you know this you will not try to use it.

"There are some men and women who are called medical peoples, but who do not use medicine; for their very presence brings a healing. Just their presence, their vibrations, the marvelous healing properties coming from them. The Light coming through them heals.

"Do you trust yourself? I hope so; for only then can God help you -- if you will help yourself. I do not think there are any beings on earth who understand the true meaning of love -- as a real mother. Now any female can have a child, but not every female can be a mother. There is a great difference. (Another long pause as the clock chimes and strikes ten.) Gracia. Thank you for that beauty. Most wonderful. Most wonderful. (One senses in the Yada's voice that he has been moved by the vibes.)

"Beauty in sound, sound turns to color. Color is light. Light is healing. Music. The Light speaking in sound brings healing to the spirit and to the body -- as your scientists are finding out today. You want to say something to me, please?"

He: "Could we come down to a mundane thing for a moment, Yada? There has been a great deal of concern in our community concerning the question of homosexuality. Is there any thing to the idea that the homosexual might be carrying a pattern of a previous existence in a homosexual body? In other words that there is some confusion there? That results in what we now call homosexuality?"

Yada: "To answer that I dare not come down to mundane plane. (Laughter) Hah hah. My honorable friends, homosexuality has

been with man since man became man, and before, when he was still wandering around acting a little more like an animal than he is today. Today he has shed his fur and is wearing other kinds of fur called clothes. This seems to make him less an animal but it is only a disguise.

THE ANIMAL IS STILL IN US

"The animal is still there; and so long as the animal is there, he is going to act like it; and many animals are homosexual -- lovers of their own sex -- both male and female. You have it so much and especially among animals who are associated with man. They have come to take on his ways. Naturally. Naturally.

"Now, as for the story of man bringing it back with him from another lifetime when he was a man or a woman, as the case may be, a too early change from one sex to the other -- no, this very seldom happens. Once in awhile but very seldom is this the story. What happens is bad training from childhood, of the mother mostly. The mother makes the child homosexual, whether it is girl or boy. She, more often than not, tries to capture and hold her son, or her daughter. She puts in that child the kind of sex that eventually shows, by her misunderstanding of life.

"Often, too, children -- especially very young children -- being left to caretakers -- what you call the baby sitters -- are often exposed by these baby sitters to sexual play. This in time can lead the child to homosexuality in one form or another. But mothers create the basic problem, create the basic substance by their mistreatment, misunderstanding of the child, and of themselves.

"Would any of you care to deny this? And if so, just give me your thoughts on the matter. I am open to any thought. Could you see, as I see, you would understand very much what I say."

She: "Psychiatrists say it comes, some times, from lack of affection from both parents."

Yada: "But, when the mother pushes the father away, and encourages the child to only a female life, a life as a man or boy cannot be, pretty soon he develops her sex instincts."

She: "But why would there be only one in a family of eight? And the others were not."

Yada: "Because every experience that an individual goes through is not hurting him -- every experience as such -- as an experience does not hurt. It is the attitude to the experience that hurts or does it some good, puts us out of balance or brings us into balance. Each of us are very distinctly different from one another, even though it may appear that we are pretty much the same on the

surface. You see, what is not known is the little man that lies up here behind the matter-self, who hides behind the mask. That is the one that gets disturbed. It may not show on the mask, for a time; but eventually the attitude to an experience begins to express itself in the whole personality of the individual.

NO CURE FOR HOMOSEXUALITY?

"Curing homosexuality? Once it has really started there is no curing. It is like what you call an alcoholic. The alcoholic knows, if he take one more drink, he is off to be a drunk again. Is that not so? The same way with the homosexual. Many homosexuals try to fight that condition themselves, but they do not fight too hard."

(Homosexuality has always been a problem in the monastery, where men have only men for companionship. It has always been a problem in the cloister where nuns have only nuns for companionship. The Yada says he was the high priest of a temple in the ancient civilization of Yu. Homosexuality must have been one of his major concerns with the young priests of his temple; and it would have been an interesting discussion at this time in this talk; but nobody asked the right questions. In the opinion of the present-day director of BSRF, present-day homosexuality and lesbianism in some people for whom it is a problem is the direct result of their having had no other outlet for their sex drive in a previous life, and thus the behavior pattern carries over in a fight or struggle for normalcy in this life! We discuss and illustrate this problem at some length in our Journal of Borderland Research, the January-February 1978 issue, \$2.50.)

She: "This is surprising, Yada. What would you say is an intelligent approach? As far as I know we dont have one of those yet."

Yada: "To homosexuality?"

She: "For instance, as George mentioned, in this community."

Yada: "What would you have? How would you want someone to act to your heteroseual drive? Humh? You want them to fight with you? You want them to say stop? If you did there would be no more of you sitting around here! (Some laughter) There is no cure for homosexuality. That is foolishness. It is a form of sex. It is not productive to be sure, but sex was never created to be only productive. It was also used for resting the body, for bringing it to relaxation after long states of tension. And we humans create tension within us no matter what we do, or dont do.

"This reminds me of the story of the man who drank nothing but whiskey, and in his cellar he having much of it in bottles. That's

loving whiskey, isn't it? Then next door to this man was a woman loving tea equally well to the man's whiskey. She had bottles of tea. Umh, that not sound good. Hah hah. She resented the whiskey man. He was evil to her. He was going to come to no good end. What did she think the tea was doing to her kidneys? (Laughter)

"She complained about what the whiskey was going to do to his liver. So, to make a tea-drinker of him, she emptied all of his bottles of whiskey and poured in tea. Doesn't that make you cringe? Hah hah. (More laughter) He died from the effects! She cured him.

WHATEVER YOUR NATURE, LIVE WITH IT!

"No, my friends, whether you drink whiskey or tea is a matter of personal enjoyment. Is that what you like? Is that what you are attracted for? Is that your nature? That with your feelings? Then you had better learn to live with yourself -- because it is still a natural form of sex -- a natural form of sex even in animals, as I said earlier -- some animals; and in the most heterosexual person there still is that element of the homosexual. Otherwise it could not take place!

"Like I talk to you, if you do not have a background, an element of understanding of what I am saying, I will not reach you; and you will not like me; and I cannot help that. Liking me is your work, not mine. Of course, same as my liking you; it's my business, my work. I must like you. Why not? It's my work.

"But with me it's not a matter of liking or disliking you. I love you; because I understand you; so I offer you no criticism. I say this is this way, that is that way; you accept it or you reject it; that is your business.

"We try to quarrel with one another regarding our opinions. What a waste of time. Because no matter what you say I am still going to be of that opinion. You know, this is something that dictators never learn. That's why they try destroying beliefs by burning books. They think that's going to do it; but where did those books come from, from the minds of men. Though all the fires of hell will never burn this out of the mind.

"If you know someone that you do not care for, then don't think of them any more; because you will be immortalizing them. You want to give them immortality? You can give them the greatest kind of immortality by hate; because you keep them in your mind. Love them, and then go away. (Chuckles) Is so. I have turned an enemy into a friend. The enemy has disappeared.

"By the simple process of understanding that person's fears, his wants, his feelings, his opinions, his ideas and everything that goes to make him up -- that's the way they are. That's the way I am. I am I am. Can you tell me why you are like you are? And if you are my friend -- and if I want to keep you as my friend --

I would not ask that question. I would not dare to; because you cannot tell me. I take you as you are. I love you as you are.

WHAT IS YOUR ARE-NESS?

"Your are-ness is the way I see you -- which may not be the way you see yourself. I lend to you that picture of love, a picture with intelligence, a picture with sanity; and by your thoughts of me I create that picture in your mind, because you created it. It is an image in your mind.

"Perhaps you will go away from here with all kinds of thoughts about me, and I hope so. Because I am all things to all men. Whatever you say about me is true. Will be so because it is true, in your mind; otherwise you wouldn't say it. I am what you think I am. This will not disturb my love for you no matter what you think I am. Because I am what I am regardless of what you think, and if you will keep that in your mind you will see that you can have no enemies. I am what I am, no matter what you think.

"For someone to call you son-of-a-bitch (laughter) -- sound like bad word? Is good word; for it means the son of a dog, a female dog; and how many dogs are there that do not know love? Do you know a more devoted being than a dog? Of course not. So why should I resent being called son-bitch, hunh?

"What a wonderful being is the dog, is the son-bitch, born of a wonderful little soul. One who teaches you the value of love better than a human being! So what is in a name. If you getting angry because somebody call you son-bitch you make big mistake. Say 'Thank you, you're right! My mother was a beautiful dog.'

"If I believe what you call me then I am that; and if I show anger about what you call me, I am that much more that. I believe so, otherwise I would not get angry. This causes every word that someone say to me to be a word of love.

"I have had many people -- since I have been speaking through this man -- many people think they are insulting me by calling me some strange kind of name; but I think to myself, 'They are right. That's what I am.' In that instant I am free from their chains of illusion that they hope to bind me with.

"Se kad me oo wah ku awa on me ee Yada. Oh say ee see tu ko ma ah tay ya. I am eternally in the Light, the Light of understanding.

"I must leave you, please."

He: "Thank you, Yada."

Yada: "Ee gratia. Perhaps if you have the patience, after a little while, my colleague, Professor Alfred Luntz, will come and talk to you for a few moments. Is that all right with you?"

They: "Very good."

Yada: "Thank you. I leave you in love. A noche."

* * *

If Professor Luntz did follow the Yada at that seance, we dont have the tape; but we do have a simple and proven technique for bringing memories of past incarnations up to full consciousness -- if your interest in this possibility was aroused by the Yada's remarks back on page 11. It was developed by a dedicated Student of the Mysteries, William Swygard, in Miami, Florida back in the early 1960s, and used many, many times.

MULTI-LEVEL AWARENESS

By William Swygard

The following technique is not to be taken lightly, because it is the beginning of a mental-spiritual experience that will allow you to know yourself. By this it is mean that you, without the aid of a teacher or assistant of any kind -- after a few preliminary exercises -- can bring into your physical consciousness your entire past.

You can recall your incarnations on this planet, your experiences before you came to this planet; in fact, you can see for yourself everything you have experienced since your spirit was released from the Creator.

This designation, Multi-Level Awareness, is the correct nomenclature -- a direct translation of its designation through more solar systems and galaxies than the present awareness of mankind on Earth understands.

This technique, Multi-Level Awareness, is simple. There is nothing you can add to it to make it work better or quicker. It works with everyone.

1. Make a person comfortable. Have the person remove his shoes and lie down. Clasp his legs, one at a time, just above the knee, and manipulate your hands downward, stopping briefly at the knee to make certain the knee is relaxed. Then rub on down, to the ankle and bend the ankle; then massage the foot, and then the toes briefly and vigorously. Repeat this manipulation quickly. Next, place the palm of your hand on the person's forehead, and with a little pressure, move the skin of the forehead up and down and sideways for a few seconds. This relaxation process should not be overdone.

2. Ask the person to close his eyes. After a brief moment ask him to become a few inches taller by allowing himself to stretch out through the bottom of his feet. Then say to him, "Tell me as soon as you have done this." When he says he has accomplished this, pause a few seconds and say, "Go back to normal size. Tell me as soon as you have done this."

Then ask him to repeat the exercise, only the second time ask him to become "a foot" taller. "Tell me as soon as you have done this." When he agrees, pause again and tell him to go back to normal size. "Tell me as soon as you have done this." Repeat the foot-tall routine again. Each time ask him to tell you when he has accomplished the exercise. Now go to the other end of the body.

"Become a few inches taller by extending yourself out through the top of your head. Tell me when you have done this." Then back to normal size again. Then, do a foot taller three times through the head. Always ask him to tell you when he is done.

BLOW UP LIKE A BALLOON

The next step requires further exercising. "Now, this time extend yourself through the head, face, body, arms, legs and feet. In other words, blow yourself up just like a balloon. Tell me as soon as you have done this." Then go back to normal size. All of this time, throughout these exercises, be jovial and keep your voice firm and convincing, yet be ready to laugh, and keep the person going quickly and smoothly through these preliminaries. Once he has done them well, there is never a need to repeat them.

Next, tell him to blow up like a balloon again, only much larger this time. When he tells you he has done this, ask him to go quickly and stand in front of the building where he lives. "Tell me when you are there." As soon as he says so, start him talking. Ask him to see this and that, and to describe what he sees. Tell him to look for, one at a time, the door, the door knob, windows, walkways, trees, shrubs, marks of any kind. After he sees and describes to you, these objects, tell him to "Go quickly and stand on the roof of the building and look down into the road (or yard) in front. Tell me as soon as you are there." Ask him to see and describe such objects as cars, road, trees, etc. When this is completed tell him to go about 500 feet up in the air and look down. (One in a hundred may object at this point but remind him quickly that he is still safe in the room.) Then repeat the request. "Tell me as soon as you are there." Ask him to see what he can observe and report it to you. Keep him talking.

The person may tell you throughout this phase of outdoor

work that he is "imagining things", but remind him gently that this is an exercise in awareness and continue as if he had said nothing.

3. After he has described to you things he sees from this advantage of altitude, ask him whether it is daytime or nighttime. When he tells you it is one or the other, ask him to tell you why he thinks so. He will say something like, "It is daytime because everything is light and I can see just as if it were daylight, so it must be daytime." Or, "It is sort of twilight, you know, just like after the sun has gone down." If it is nighttime or twilight in his vision, ask him to make it daytime -- bright as sunlight. "Tell me as soon as you have done this." Then ask him to tell you why he thinks it is daytime. Keep him talking, talking all the time. If it was daytime to begin with, ask him to make it night; and then ask him why he thinks it is night. Turn the days into nights and back again at least three times, but be certain that you finish this phase by having it daytime -- a very bright, sunny day.

THE MASTER OF ALL HE SURVEYS

Then quickly ask him, "Who is making it night and day?" Most will quickly answer, "I am!" If he hesitates more than ten seconds, ask him, "Are you making it night and day?" He will agree. It is very important that he understands that he is causing the change.

4. "Now, are you still high in the air?" The answer will be "Yes." Please keep the scene very bright. "Come back to earth in another lifetime that you have lived many years ago. Come down quickly as you go back in time; bring your feet down quickly and firmly but gently, and stand on the ground. Tell me as soon as you are there."

The person is now experiencing a good vision of a previous life.

Remind him frequently to "Look out through your eyes and listen through your ears." Ask, "What are you wearing on the lower part of your body?" Wait for descriptions, but keep the person talking. The more talk the better he will see in the beginning. Insist that the person do only what you tell him to do and answer your questions, remembering to keep the questions in some semblance of chronological order. Move the person onward in time -- skip a day, a week, month or years in his lifetime, but keep him moving and talking.

At the end of the lifetime, ask the person to go to an earlier lifetime by requesting, "Come down in an earlier lifetime -- look down at your feet and tell me what you are wearing on them."

AFTER DEATH, WHAT?

At the end of the second or third lifetime you have run through, ask him to "die" and follow through the death, asking, "What happens next?" (When you do not have specific questions.) No matter what he reports, do not question the validity. This is new material for people to understand.

After you have run a few people through several lifetimes you will understand that this material is valid. When he has run incidents between his lives, ask him to go back and find his present parents, from the first time he saw them until after he was born. Ask questions, questions, questions.

When you discontinue the running process at any time, ask the person, "Do you see any need to continue at this time?" Let him decide when to stop.

When you continue with this person at a later time, make him comfortable (but no need to rub), tell him to turn the lights on inside, and go quickly back to where he left off last time.

After three to five hours of "coaching" or assisting a person, he should be quite ready to run himself. It takes a person a little time to learn to ask himself the questions. As soon as he can ask himself questions, he is ready to go alone. If he reports back to you that he is "stuck", run him a little more; but make him ask the questions. Practice is of the essence. Soon an entire lifetime can be seen in a few minutes with all senses in force.

There are no wasted words in the above. Failure to succeed is failure to follow instructions. It is fun to run and to be run. Change off. The more you run, the better coach you become. Do a lot of both.

As this technique of Multi-Level Awareness is mastered, write to the address below and receive at no charge, the technique, Multi-Plane Awareness. Upon completion of this, request Perfecting the Spirit. A stamped, self-addressed envelope would be appreciated in each case.

Mastery of these three easy techniques will prove that mankind, its beliefs, ideals, goals and performance on this planet are obsolete.

William Swygard, PO Box 3510, Miami, Florida 33101

THE BREATHING WHICH BRINGS PEACE OF MIND

And Peace of Mind promotes health! Here are a few stimulating ideas from the Yada di Shi'ite, through Mark Probert, in the early 1950s:

Yada: "Proper breathing oxidizes the blood stream. That is what so many of us need. The oxidation system has run down and toxins in the body are not burned up. We feel run down and old. While we are diligently seeking to take care of the spirit it would be well to take care of the physical body at the same time.

"When we start the Study of the Inner Wisdom one of the first things we learn is that the body is truly the Temple of the Living God. Too often we come to the strange conclusion that there is something evil about the physical body -- that we must try to rise above it. That is not right. It is not in keeping with the Laws of Nature. We have a different body for each state of consciousness. In each and every case the body should be taken care of.

"You wonder perhaps why some monks and priests practise celibacy. (Wouldn't chastity be a more proper word, Yada? True a celibate doesn't marry, but that is no guarantee of chastity!) The kundalini forces are thereby stored up in the body and can more easily be brought to the brain chakras. Also, they can be used for magical purposes. But I do not think you are living under conditions that require celibacy. It is best to live according to your own nature, but not as someone else tells you. YOU are the consciousness. YOU are the God.

"The world in which you live, in spite of what is going on, in spite of our telling you your civilization is threatened with doom -- and soon -- still I say to you, your world is beautiful beyond measure. And this which is happening is right, because over a long, long period of time Man has been working up to this Karma. It is cause and effect and you cannot escape it.

"The world for long has reacted to outside action, and now comes the result; but you, if you will give but half an hour a day and withdraw within, to get to know your Inner Self -- then this which happens outside will never touch you.

"Each generation lives according to the physical, emotional and mental necessities of that period. Therefore you cannot compare the actions of one period with another. We cannot say of one civilization that it is more advanced than another. Advancement is always in the individual. . . "

Yes, try as they might, the enlightened leaders of our society -- or any society -- succeed only in saving themselves. In spite of their best efforts -- including martyrdom to the cause of freedom for instance -- they don't alter the course of a civilization very much as it works out its planned destiny.

PROTECT YOURSELF AGAINST INCIPIENT VAMPIRISM

Here are more stimulating and thought-provoking ideas from the Yada in one of the early seances. He opened with a few remarks in the ancient Yu language and included a Yu mantram:

Yada: "How do you do? I bring to you the blessings of KA, or your God and my God, and also the good will of the Inner Circle. We call upon KA to bless TA, man, you; and to bless KA-SA-YA, the house spirit, or spirit of the temple. I call to KA to protect the E-NA-DA, the desire body of the boy. (Mark). I also call to KA to build a wall of protection, not only around him, but around each one of you. For, everywhere you go, for everyone that you come in contact, for everything that you come in contact with, there are endless kinds of vibratory action that are unseen to the physical eyes -- and some can be very detrimental to you.

"If you walk through your marketplaces and come in contact with many, many people, you may feel, when you return home, that you are weary from your exertion, that you have this weariness from your struggle to get through the crowds. But it is not this. Your weariness is brought about by the unseen activity that is going on around you all of the time, but more rampantly and more dangerously so when you are mixing with one another in crowds. Some of these forces sap your energies. They are like vampires. These are the true vampires.

"So it is good. It is valuable. It is intelligent -- when you know the workings of the unseen worlds -- that, before you leave your home, you say a little mantram, a little prayer, to your God. We do not care who your God is -- say your prayer to Him (or Her) in any way you wish, and ask for protection; and also make passes round yourself while you are asking for protection. This stimulates the awareness sense of the High Self, and in so becoming aware of the needs of the Low Self, it will build a wall around the physical body."

point

Here the Yada touches on a tremendously important/in the study and practice of the Mysteries, the Ancient Wisdom: The fact that the High Self or Soul is "asleep" or not alert to the needs of the personality in the physical world. It has to be continually "awakened" to the dangers we face in the flesh and the need for constant protection.

"This prayer for protection is good psychology, my friends, if nothing else. Only because man has not been taught to realize that there is much more going on that meets the physical eye, has he been caused to suffer."

Harriet Foster: "What about the Law of Attraction? Do we not attract only those of like vibration?"

Yada: "We do, indeed, and more! Each individual has within him

(or her) certain peculiar and particular weaknesses of his (or her) own, and those in the unseen world observe these particular characteristics or inner workings of the mind, of the Low Self, and they will flock to that individual just exactly as when a shark in the water is bleeding, this blood will attract more sharks."

FFW: "Is it certain vibrations around us that cause accidents to happen?"

DONT WALK INTO A DASHING-AROUND CHARIOT!

Yada: "Yes, indeed; and your psychologists today are coming to realize that a man is responsible even for his accidents. He brings them about by certain states of awareness, by certain ways of thinking. One of these ways is called 'inner worrying' -- that is, putting their thoughts within to worry; and, besides not doing themselves any good, they become almost as though in a hypnotic state.

"They lose, to some degree, a broad sense of the outer activity that is going on, and then they walk into one of the dashing-around chariots in your city streets, and do many other peculiar things that bring about their physical suffering. Then they say, 'I'm sorry, God, I didn't mean that. It was the devil that did it.' Never once do they stop and think, 'It was my own fault; I was not awake -- I was slightly on the zombie side.'

"All mankind suffers from this at one time or another. So we are not to condemn anyone as being outstanding and beautiful in that field. You can be beautifully evil, as beautifully good, you know. Beauty lies in the direction in which you are looking for it.

"I Was reading through the Boy's eyes that now you are able to photograph heat radiations from the body. A great advance! And still, with that and the atomic bomb -- atomic energy -- and all the other useful things, man is suffering great agony with cancer; not only cancer of the physical body, but cancer of the psychic body -- for that is where cancer and all disease originates. When a disease becomes organic, it is much more difficult to stop its further progress than it would have been had you caught it while it was still in the psychic.

"Now you will say -- I heard somebody say, 'But how can we find it when it is in the psychic?' If I were smart I could tell you. But let me say you can find it. What puts it there? Fear -- fear -- fear! Fear is the greatest curse of man. Anxiety, uncertainty -- it breeds heart trouble. It breeds lung trouble. It breeds paralysis. It breeds arthritis, neuritis. It breeds bad teeth. It breeds -- hah -- it breeds! That is the beginning, the entrance, the open doorway. The Ee-na-da, the desire body as you call it -- is the open doorway through which it comes."

Meade Layne: "Often we are not conscious of having such fears,

and still we get these afflictions. Is the fear operating on other levels?"

Yada: "The fear certainly is operating on other levels, because the physical body is a foreign thing to the Self; so, upon entering into the physical world, the Self -- not the High Self, no, but what is better termed the Low Self -- immediately begins that kind of action called fear. It is like one working blindly; the Low Self sees only through the physical activity.

THE INNOCENT BABY IS NOT PURE!

"Now we have been asked, 'What about the little baby?' Some of you know our answer to that. The 'little baby' is a little baby only in body. The form is a baby, meaning new. The life form that occupies that body is ageless; and it brings with it its endless fears, anxieties, and also its endless knowledge and understanding of life.

"Have you ever experimented with the effect of the mind upon the body by saying to an individual, 'You are looking pretty sick!' Have several others tell him the same thing, and if by the end of the day he is not very ill, it is amazing. This is the power of suggestion that you have over one another; and the reason you have it over one another is because you have it over yourself, your physical self; and these, all these other self selves that you see around you, are your own expressions of your self.

"Friends, have you ever heard the term Ah-chee-eeta? It means, in your high state of consciousness, your High Self."

FFW: "How can we bring ourselves to that higher form of consciousness? How can we develop it?"

Yada: "I want to say this, lady, that many things enter into making an understandable reply to that question, some of which are: What do you think? How do you think? What do you know of your past life or lives? What have you brought over with you consciously -- or, to use your term, subconsciously? On all these things rests the question of whether or not you can successfully attain that inner world, that inner state called the High State of Bliss, or the Awakening to your own Reality.

"You see, I cannot say, 'do this' or 'do that', because, while we may be able to give you the best of technique, it may not work for you -- or you -- or you. All that we can say is that by certain methods which we have found of worth, you can open the psychic eye. Some of these would be: first, learning the Art of Breathing -- which, by the way, this Boy -- our doorway -- does not sufficiently do; we cannot help that. For what he does not comprehend he becomes bored with -- which is what you will do with it after I tell you! Then, learning correct posture, how to sit -- and it is not as I now have the boy's body.

Sitting in certain positions leaves free the Kundalini forces to flow up the spine, or the brain channel. The breathing awakens and starts into high action the chakras of the body. The use of certain mantras, the making of certain passes -- with them you are mentally calling upon wonderful forces, wonderful intelligent beings, who will help you."

Meade Layne: "For the average type of person of our Western world, what type of breathing should be used first?"

Yada: "I would suggest that you try to find something written by one of your most awakened scientific men or women that will speak about the many forms of activity of physical matter."

Meade Layne: "There is a very large literature but little agreement."

Yada: "The agreement or disagreement comes about through the fact that those who are not capable of using it find that it is no good. If you set before a certain individual a way of making mathematical calculations that is foreign to him, he will say it is no good, it cannot work, it is foolish -- 'Give me one and one!' -- "

Meade Layne: "Is the 4-and-4 rhythm dangerous in any way for a beginner?"

Yada: "Yes, sir, it is. It is very likely to create illusions of the worst kind."

Meade Layne: "For the beginner?"

Yada: "Yes, these things are not for the beginner; and that is one of the reasons why, when we are speaking to an open class, we are careful of what we say. We do not and will not knowingly allow the unready to walk into open traps."

Meade Layne: "Isn't there any kind of simple breathing, any simple training that you would be willing to recommend to the beginner?"

Yada: "I would recommend first, the not smoking, the not drinking, the proper eating, the proper rest. First, the body should be free of irritations; because as long as the body keeps the Self aware of its physical vehicle, it cannot escape into more beautiful realms."

FFW: "What about diet? Should we eat only vegetables? Is it right that we should eat meat? Kill lesser forms for our diet?"

Yada: "Lady, for those that know not, it shall not be hurtful to the extent of what we call 'harm'. It will, naturally, to

some extent, for the eating of meat puts into the individual the fear vibrations with which that animal died. Not only that -- with the kind of teeth man has today -- or perhaps not -- it is not advisable, for the stomach extracts the juices from the meat and then there is nothing but fibre left. There is little good, then, to the physical body from eating meat.

"Have you ever observed a bit of carcass under a high-powered magnifying glass, right after it was killed? Almost immediately decay sets in. A beautiful picture! Then do you not see why so many people have high blood pressure? It is not so much meat but the combination of all the things that go with it -- and you have what you call cake and pie and such things. You are catering to the taste buds that operate chemically, and thus create a pleasant stimulation; and therefore you are lulled into sleep over what is actually happening.

"But, friends, I want to say that neither pie, nor cake, nor meat, nor anything else will do you any harm if you understand how to use the forces that you have within your power to keep the physical body in good condition. Did not your Master, the Christ, say, 'Fear not what goes into the mouth but what comes out of it'?

"Now I must go, friends. Your God ever attend you! Goodnight."

* * *

There are plenty of books on the market today with detailed explanations of Yogi postures and breathing exercises. From these you can get suggestions on making a start on a program of expanding self-awareness. Better to do something than to do nothing! Call on the Yada and members of the Inner Circle to overshadow your efforts toward self-improvement. They can and will give guidance and protection.

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